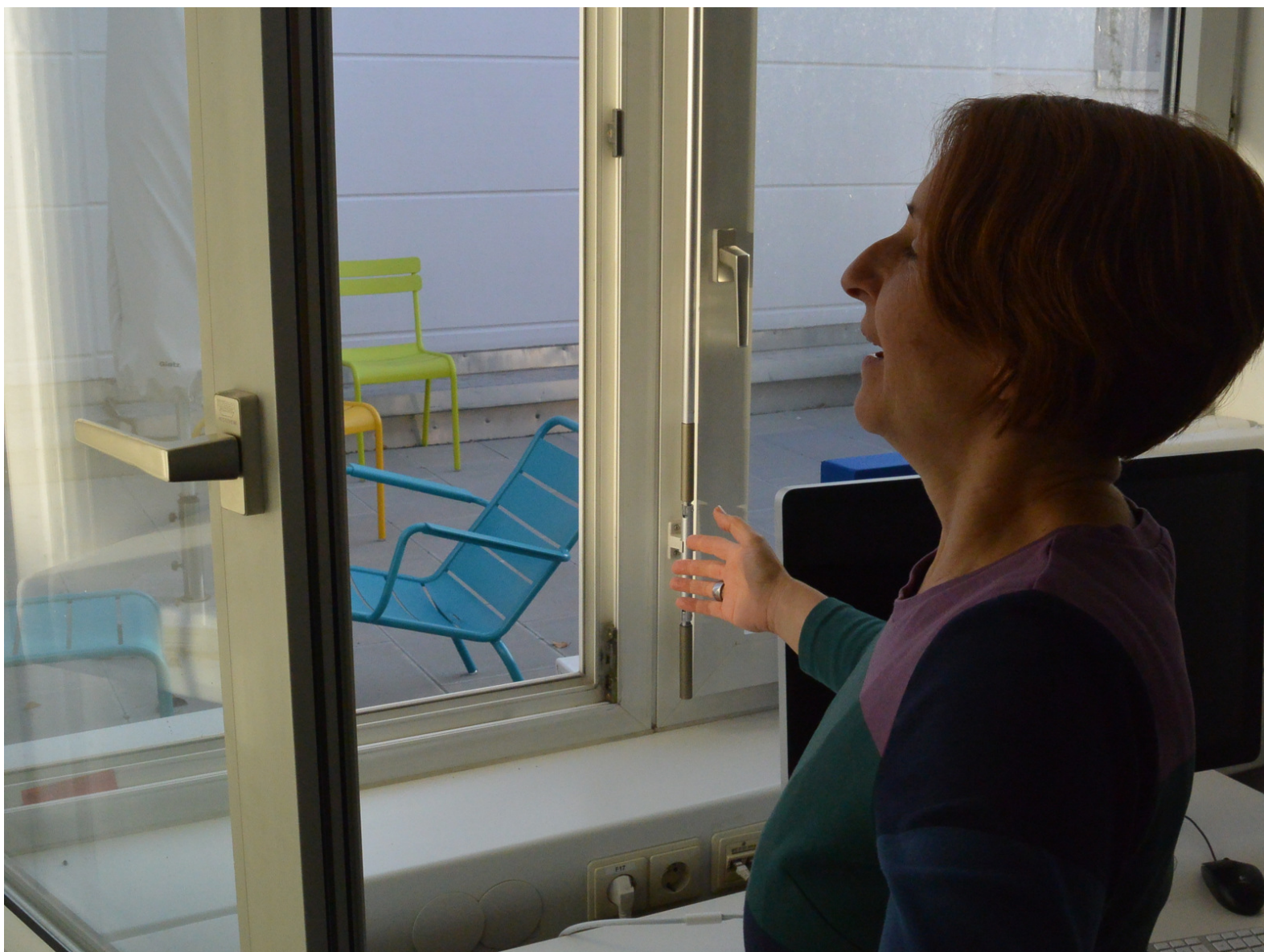




Relax your neck

Emergency operations and exercises for relaxation and blood circulation of shoulder and neck.

Written By: Bettina Mayer



Step 1 — Course changes, breathing



- Go in the kitchen or in an empty meeting room and give you a 10 minute break. Spice fresh air and face down comfortably and upright. Breathe a few times in and out deeply.

Step 2 — Drink



- Immediately drink 0.25 liters of water in small sips. Make sure that you daily 1.5 - 2 liters of water have available. Water takes in the body important transport tasks and helps to reduce tensions.

Step 3 — cross out



- Continue with your finger left and right along the cervical spine down and play up your neck out toward your shoulders. You decide how much you want to log streak. 3-4 reps

Step 4 — Mobilization



- Circles shoulders from front to back and vice versa. Let the movement be slow larger, elbows now lead to the circuits, if possible you'll end up with a circular motion of the whole arm. Gladly the same backwards.

Step 5 — Antagonistenhemmung



- Introduce yourself with your back to the table and place your hands on the tabletop. Now Go forward a few steps, building a body tension (belly move 😊) and now lead your shoulders up to your ears. Now you express yourself active with stretched elbow upwards and bring the shoulders back to the starting position. 6-9 reps

Step 6 — Stretch front portion



- Lasse your chin forward fall on sternum and feel the pleasant train on the neck. If necessary, you can increase the stretch by placing your two hands. Then you fold your hands put it back on your head and allows the elbows fall loosely forward. Now do you think that this position about 10-15 sec.

Step 7 — Elongation lateral portion



- Upright standing or sitting. Tilt your head to the side and feel the stretch on the opposite side. To reinforce the stretch, place your hands loosely on the upward pointing ear. Continue to breathe evenly. After about 15- 25 sec. Page Vistula.

Step 8 — Swing



- are loose, swing your arms gently from top to bottom. You choose yourself how big the movement falls. You are welcome to your knees and bend your with and stretch.

Step 9 — shake



- Shake out now and go back to your relaxing work :-).

Danke! Du hast Dich liebevoll Deinem Körper zugewendet, bleibe achtsam und gönne Dir regelmäßige Pausen.

